

# POT ROASTS

BEEF CUT	WEIGHT	TOTAL COOKING TIME
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<b>Chuck Pot Roast</b>	<b>1-1/2 to 2 lbs.</b>	<b>2 to 3 hrs</b>
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<b>Brisket, <i>fresh</i></b>	<b>2 to 3 lbs.</b>	<b>2-1/2 to 3 hrs</b>
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<b>Brisket, <i>corned</i></b>	<b>3 to 4 lbs.</b>	<b>2-1/2 to 3-1/2 hrs</b>
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	<b>4 to 6 lbs.</b>	<b>3-1/2 to 4-1/2 hrs</b>
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**Simmer gently over low heat on Stovetop or 350°F in oven**

- 1 Slowly brown beef in oil in heavy pan. Drain. Season as desired.
- 2 Add small amount of liquid. Cover tightly: simmer gently over low heat on stovetop or in 325°F oven per chart or until fork-tender.